



# Gold Medal Schools Power-Up Criteria

★ A policy must be written for these criteria

## Bronze Criteria

**To become a Bronze School, you must complete all five Bronze Criteria. Upon completion your school will receive \$400.**

- ★ 1. Write a policy mandating a tobacco-free school and post tobacco-free signs at entrances.
- 2. Establish a School Health Council, or strengthen an existing one.
- 3. Establish a student Power-Up Committee.
- 4. Create a Gold Medal Mile™ course at your school.
- 5. Complete and submit the baseline Gold Medal Schools Power-Up surveys.

## Silver Criteria

**To become a Silver School, you must continue implementing the Bronze Criteria and complete all five Silver Criteria. Upon completion your school will receive \$600.**

- ★ 1. Write a policy that requires all teachers and staff to stop using food as a reward or withholding it as a punishment.
- ★ 2. Write a policy establishing an ongoing faculty and staff wellness program.
- 3. Choose a proven, effective tobacco prevention curriculum to teach at your school next year and ensure that teachers who will teach the curriculum receive proper training.
- 4. Promote Safe Routes to School by developing a Student Neighborhood Access Program (SNAP) plan and map.
- 5. Choose and complete two criteria from the Criteria Menu found on page 2.

## Gold Criteria

**To become a Gold School, you must continue implementing the Bronze and Silver Criteria and complete all five Gold Criteria. Upon completion your school will receive \$1000.**

- ★ 1. Write a policy requiring that healthy choices are offered wherever food or beverage is available outside of school meals.
- 2. Teach the proven, effective tobacco prevention curriculum you chose in the silver level.
- 3. A) Integrate Health and P.E. into a year-long program  
-OR-  
B) Facilitate implementation of individualized physical activity/fitness plans for students.
- 4. Complete and submit the follow-up Gold Medal Schools Power-Up surveys.
- 5. Choose and complete three criteria from the Criteria Menu found on page 2.

## Criteria Menu

- ★ 1. Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices.
- 2. Allow students and community members to use the physical activity facilities outside school hours.
- 3. Provide healthy recipes for Family and Consumer Science classes to prepare.
- 4. Develop a physical activity resource book to encourage physical activity outside of school.
- 5. Submit five P.E. lesson plans to Gold Medal Schools Power-Up.
- 6. Teach a variety of competitive and non-competitive sports in P.E. classes.
- 7. Enroll as a Team Nutrition School and use the resources offered to improve nutrition at your school.
- 8. Require all organizations to raise funds by selling only non-food items.
- 9. Require P.E. teachers to attend one GMS/USOE approved professional development course each year.
- 10. Work with Art classes to make nutrition, physical activity and/or tobacco-prevention point-of-decision signs to display throughout the school.
- 11. Work with your PTA/PTO to coordinate at least one health-focused event each year that involves students, parents, teachers and school staff.
- 12. Participate in one national health campaign such as *Red Ribbon Week*, *National Nutrition Month*, or *Green Ribbon Month*.
- 13. Participate in the *Real Noise* Campaign.
- 14. Participate in the American Diabetes Association's *School Walk for Diabetes* or another health program sponsored walk of your choice.
- 15. Participate in the Governor's *Golden Sneaker Awards Program*.
- 16. Participate in the Physical Fitness Testing or the Health Fitness Testing of the *President's Challenge*.